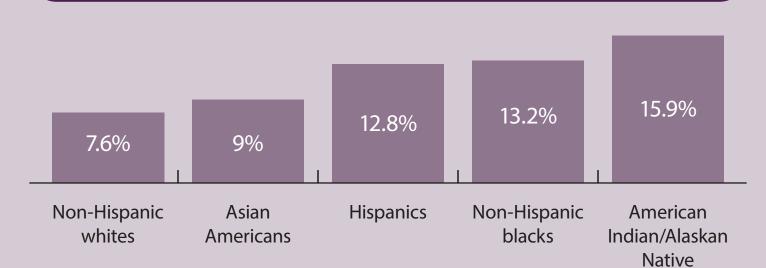
DIABETES

AFFECTS MINORITY GROUPS

Minority groups have higher rates of diabetes than non-Hispanic whites¹

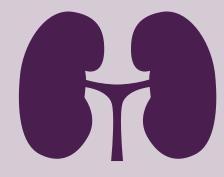


Rates shown for diagnosed diabetes among people over 20 years old

50%

of black women, Hispanic men, and Hispanic women will develop type 2 diabetes in their lifetime.²

Diabetes is the leading cause of **kidney failure** among African Americans and American Indians.³



Minority YOUTH are affected too

In youth 10-19 years old, type 2 diabetes is more common than type 1 diabetes in non-Hispanic blacks, Asian/Pacific Islanders, and American Indians/Alaska Natives.¹

HOW CAN YOU PREVENT OR DELAY TYPE 2 DIABETES?

Research shows type 2 diabetes can be prevented or delayed in minority groups.⁴

TO CUT RISK BY AS MUCH AS 58%:

TO COT HISK DI AS MOCITAS 50 70



Lose weight



less fat



calories



minutes, 5 days a week

To learn more about diabetes in minority groups, visit www.YourDiabetesInfo.org/Publications.

- States A, GA: U.S. Department of Health and Human Services; 2014.

 2. Gregg EW, Zhuo X, Cheng YJ, Albright AL, Narayan KV, Thompson TJ. Trends in lifetime risk and years of life lost due to diabetes in the USA, 1985—2011: a modelling study. The Lancet Diabetes & Endocrinology. 2014. doi:10.1016/S2213-8587(14)70161-5
- 3. U.S. Renal Data System, USRDS 2010 Annual Data Report: Atlas of Chronic Kidney Disease and End-Stage Renal Disease in the United States, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, 2010.
 4. Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, et al. Reduction in the incidence of type 2 diabetes

1. Centers for Disease Control and Prevention: National diabetes statistics report: estimates of diabetes and its burden in the United

with lifestyle intervention or metformin. N Engl J Med. 2002;346(6):393-403.